

## Getting Together Matters

### Calendar of Events

Activities for 50+ years

#### Mondays

- 12pm Bridge with Stewart
  - 2pm Armchair Travel with George
  - 3pm Snacking on Shakespeare with Mary
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**We have activities for everyone - you don't have to have internet for all of them - please check with us to join in!**

#### Tuesdays

- 11am Lifelines Quiz with Sue
  - 2pm Gentle Armchair Exercise with Dean
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#### Wednesdays

- 11:30 am Seated Pilates with John
  - 12:45pm Chair based Pilates with John
  - 12pm Sing well & Lifelines Body & Breath with Annie
  - 12pm Absolute beginners Bridge with Stewart
  - 2pm Mat work traditional Pilates with John
  - 2.30pm Quiz and Sports Round with Mark
  - 5pm Snacking on Shakespeare with Mary
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**Get in touch with the team on:  
Freephone 0808 196 6831  
or email: [gtm@volunteeringmatters.org.uk](mailto:gtm@volunteeringmatters.org.uk)**

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### Thursdays

- 10am Fitness with Dean
- 11am LifeLines Quiz with Colin
- 11:30am Seated Pilates with John
- 12:45pm Chair based Pilates with John
- 2pm Play reading with Mary and Team
- 2pm Mat work traditional Pilates with John
- 3pm Creative Expression with Karen & Isla

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### Fridays

- 11am Coffee Morning with Theresa (by telephone)
- 2pm Sing well & Lifelines Singing Group with Annie

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### Other activities on offer

Creative writing - Once a week, by telephone, for 8 weeks.

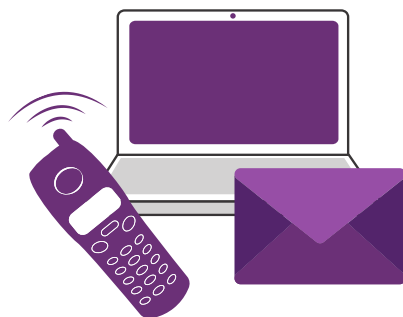
Play reading - Once a week, by telephone, for 6 weeks. (Or online on a Thurs).

Mindful Colouring - packs in the post to enjoy and get creative.

Word Search / Sudoku - In the post!



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LOTTERY FUNDED**



**If you would like to get a computer but don't know how to or where to start, contact us. We might be able to help!**